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Tuesday, November 20, 2018 metro.us | t: MetroPhilly | f: MetroPhilly

ISTOCK

BLACK OUT

Your guide to the best Black Friday deals and how to avoid breaking the bank. 15-16

COLD TURKEY

Get ready for a freezing Thanksgiving as temperatures are expected to drop into the teens. 4

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4 THINGS TO KNOW

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MATT JUUL, BOSTON FEATURES EDITOR

What was once a one-day affair of aggressive shoppers cleaning out department stores has now become a weeklong spectacle. The unofficial start of the holiday season arrives with the return of Black Friday, although nowadays, the deals and savings start well before the turkey has even finished cooking on Thanksgiving. Let's face it, like everyone else, you'll probably take a trip to the mall to score the latest game or a new TV at a steep discount. But don't spend a penny until you've checked out our Black Friday guide.

WHITE HOUSE RESTORES ACCESS FOR CNN'S ACOSTA

1 The White House on Monday restored press access for CNN reporter Jim Acosta, ending a legal fight that had so far gone against the Trump administration. White House Press Secretary Sarah Sanders said in a statement that the press pass for Acosta, which was revoked after a contentious Nov. 7 news conference with President Donald Trump, was restored but that reporters who ignored new rules for news conferences could have their credentials taken away. Under the rules, "a journalist called upon to ask a question will ask a single question and then will yield the floor to other journalists," but a follow-up question may be permitted at the president's discretion, Sanders said. CNN, a frequent target of Trump's criticism of the news media, said in a statement its lawsuit challenging the White House's actions was no longer necessary. Earlier on Monday, the cable news network had sought an emergency federal court hearing after the White House said it would again revoke Acosta's pass once a temporary restraining order reinstating it for a two-week period expired.

BORDER CROSSING CLOSED TO BRACE FOR MIGRANTS

2 U.S. officials briefly closed the busiest border crossing from Mexico early on Monday to add concrete barricades and razor wire amid concerns that some of the thousands of Central American migrants at the border could try to rush the crossing. Northbound lanes at the San Ysidro crossing from Tijuana to San Diego, California, were closed "to position additional port-hardening materials," a U.S. Customs and Border Protection spokesperson said. A Department of Homeland Security official, speaking on condition of anonymity, told reporters in a conference call later that U.S. officials had heard reports some migrants were intending to run through border crossings into California. Ahead of U.S. congressional elections earlier this month, President Donald Trump denounced the approach of a caravan of migrants as an "invasion" that threatened American national security. He sent thousands of U.S. troops to the border. By dawn on Monday, 15 of 26 vehicle lanes had reopened at the San Ysidro crossing, according to the DHS official.

PRESIDENT AND FIRST LADY RECEIVE WHITE HOUSE CHRISTMAS TREE

3 President Donald Trump and first lady Melania Trump inspect the North Carolina-grown Fraser fir Christmas tree at the North Portico as it makes its way to the Blue Room for display at the White House on Monday.

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FINNS RESPOND BY 'RAKING COUNTRY GREAT AGAIN'

4 Puzzled Finns have taken to Twitter to post pictures of themselves raking the forest after President Donald Trump said California should learn a lesson from the Nordic country about how to protect itself against wildfires. While visiting California's wildfire zones on Saturday, Trump told reporters that Finland spends "a lot of time on raking and cleaning and doing things" to clear forest floors, citing his discussions with Finnish President Sauli Niinisto. Niinisto told Finnish newspaper Ilta-Sanomat that he had spoken with Trump about Finland's wildfire-monitoring system. He recalled telling Trump that Finland takes care of its forests, but added that raking didn't come up. Hundreds of Finns posted under the Twitter hashtag #rakefinlandgreatagain, many posting pictures of themselves in the forest or their gardens with rakes. "Anybody needs their floors raked?" tweeted NBA team Chicago Bulls' Finnish star Lauri Markkanen with a picture of him holding a rake. A #RakeAmericaGreatAgain hashtag also sprang up on the social media site.

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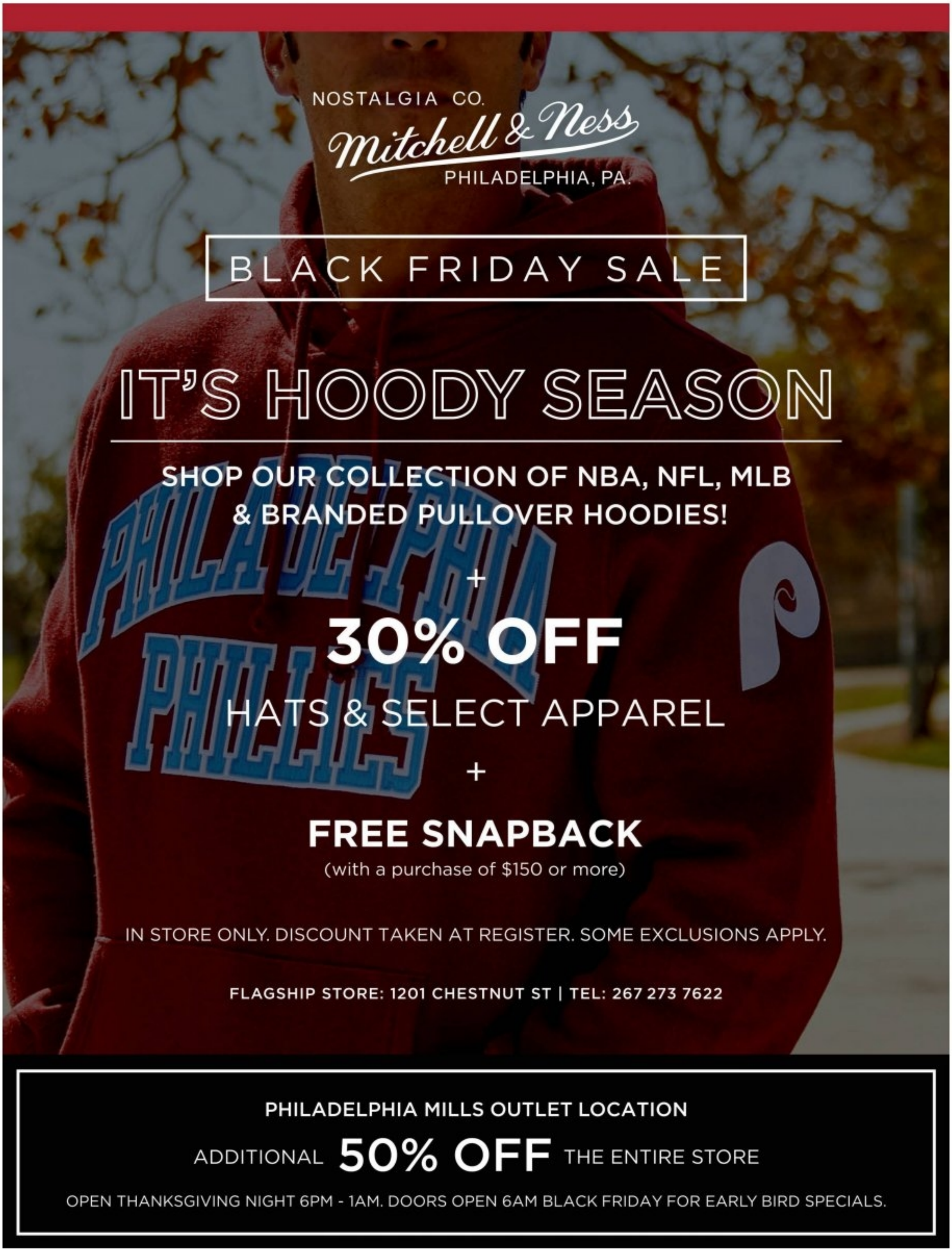
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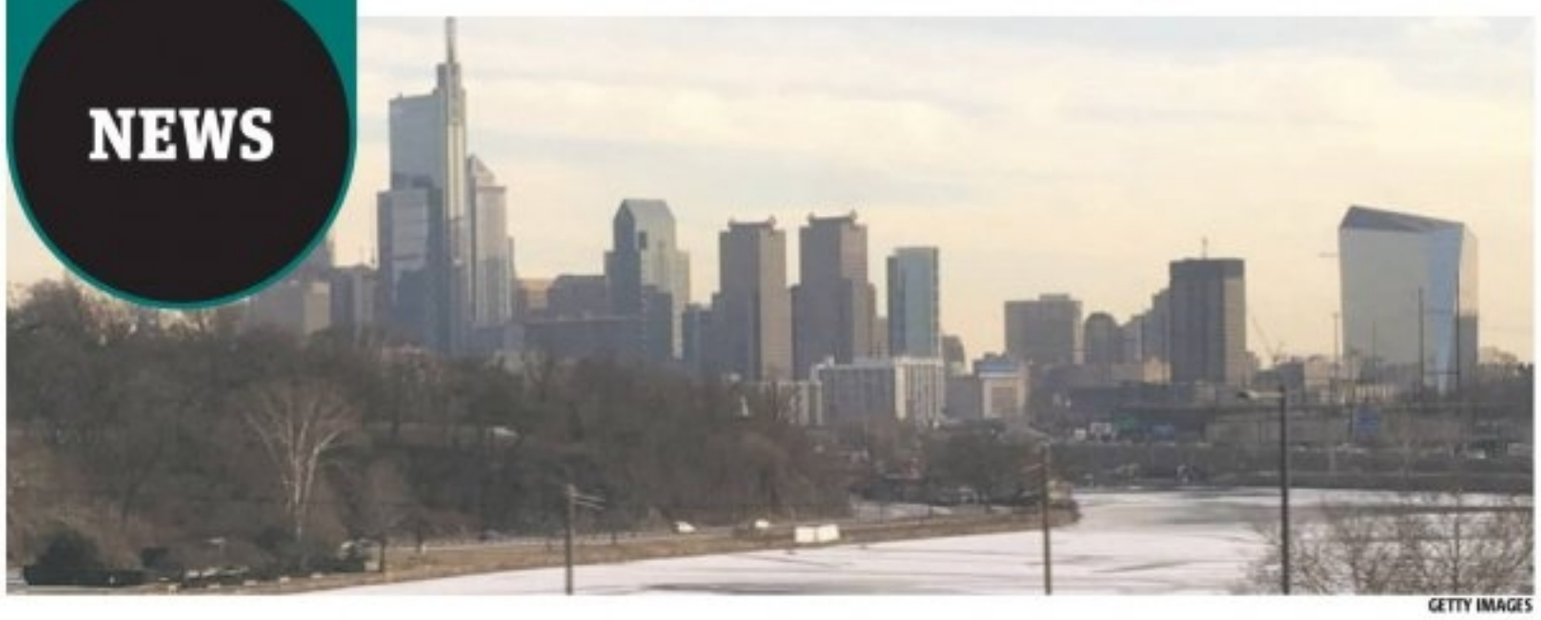

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Turkey Day to be served ice-cold in Philly

This Thanksgiving is set to be unusually cold in Philadelphia as an "arctic air mass" moves toward the region.

SAM NEWHOUSE
sam.newhouse@metro.us

Winter seems to be coming hard and fast this year, as was evidenced by last week's snowstorm, which snarled commutes and was most known for the mysterious "Snow Camel" that popped up along a local highway.

While the heavier-than-expected snowfall is what made the Nov. 15 storm so difficult, this Thanksgiving it will just be plain and simple cold weather causing problems. You might have to break out the space heater to keep your pipes from freezing and bursting if they are exposed to cold and prone to freezing when temps dip down into the teens, as meteorologists are forecasting.

"An arctic air mass overspreads the region later this week, and there is the potential for record-low temperatures Thanksgiving night/Friday morning," the National Weather Service Mt. Holly station announced on Twitter. "Highs on Thanksgiving will struggle to rise above freezing for many."

The Nov. 15 storm brought 3.5 to 4.6 inches of snow across Philadelphia, estimated to be the highest snowfall on that date in 65 years and the second-highest since 1884. Thanksgiving week is not expected to bring more snow, but it will bring temperatures below freezing earlier than usually felt in the region.

Temps are forecast to slowly step down over the coming week, with a high of 48 and low of 32 during an expected-rainy Tuesday. It will dip further to a high of 41 and low of 24 on Wednesday, and by Thursday, the high will be 27 degrees and the low is set for 19 degrees, forecasters believe. It could be even colder. Temperatures will start to climb back up the day after but stay freezing on Friday, with a high of 34 and low of 31 in the forecast.

After that, temperatures are predicted to go back up into the 40s.

The low of 19 degrees on Thanksgiving is not too far off from the record low in Philadelphia of 14 degrees, set back in 1980 on Nov. 22. The record for lowest temp on Nov. 23 in Philadelphia was 10 degrees, set in 1880.

The first brush of snow last week hit the entire Northeast, stranding commuters and downing mass transit lines in cities across the region. In Philly, Regional Rail service was suspended across several lines, while outside the city, hundreds of cars were involved in accidents or stranded on roads.

No snow is in the forecast for Thanksgiving week just yet, but that could easily change.

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Medication assisted treatment a game changer for opioid addiction

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ASK SEABROOK THE HEART OF RECOVERY:

When it comes to battling addiction, the path to recovery is rarely easy. Seabrook The Heart of Recovery provides the tools to ease the journey and empower patients to live their best lives.

Telling someone who's addicted to opioids to simply quit is like telling them to stop breathing. This is where Medication Assisted Treatment (MAT) can be a game changer. William Bruck, Seabrook's Director of Medical Services, opened up to Metro about how it works—and also dispels its biggest misconceptions.

What is Medication Assisted Treatment (MAT)?

It's using medication in combination with counseling and behavioral therapy to treat substance abuse disorders. We take a "whole-patient" approach to how we do things—we have a very careful process we go through to make sure patients are also going to counseling to resolve the issues that led to their initial substance use, and that they also have a support system in place. MAT is actually greatly underused, but when done right, it significantly decreases the incidence of relapse.

Isn't MAT just substituting one addictive drug for another?

That's the most common misconception. In reality, these medications help control the intense withdrawal symptoms and physical cravings that show up when coming off an opioid addiction. Those who are addicted experience biochemical changes in the brain so that their drive to seek those drugs is as powerful as their drive to breathe. MAT gives the brain and body time to heal and eases the transition to sobriety. It's also worth noting that only a licensed treatment center, like Seabrook, can administer MAT.

How does Seabrook's MAT program work?

We take a very comprehensive approach that uses two different types of medications. Buprenorphine, also known as Suboxone, works by suppressing cravings; naltrexone actually blocks opioid drugs so that the person won't feel that euphoric high they're looking for. We start with a thorough assessment so that the patient fully understands both pathways. MAT isn't for everyone, but about a quarter of our patients choose it as a treatment option. It's one of the many tools in our toolbox. Of those who do opt for MAT, about 75 percent go with naltrexone.

Do patients who start on MAT have to stay on the medication for the rest of their lives?

Not at all. Seabrook's philosophy is to stay by our patient's side on a "Path to Abstinence," which is unique for each patient. We work closely with patients to monitor their recovery progress and their readiness to move to the next phase. For some, this might be six months; others may be longer.

There are some people who have been on methadone or Suboxone treatment for years. Can Seabrook help taper patients off these drugs?

Absolutely. We've had patients come in who've been on Suboxone for 10 years and feel like they have no other option. It takes a lot of work, but we've been able to taper them off, including people who've been on methadone long term. Again, recovery is unique for every patient—but we believe there's always hope.

Seabrook The Heart of Recovery is a recognized, accredited nonprofit dedicated to treating addiction and co-occurring mental health issues. You can find their treatment centers across New Jersey in Bridgeton, Cherry Hill, Northfield, Morristown and Shrewsbury. To learn more about their forward-thinking approach to individual and family healing, visit http://Seabrook.org.

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GETTY IMAGES

Two killed in shooting at Chicago hospital, including gunman

A motive for the shooting was yet to be determined.

Two people were killed and two others critically wounded in a shooting at a Chicago hospital on Monday, and among the dead was the gunman who started shooting in the parking lot and then burst into the medical facility and opened fire, according to local media.

A police officer was among those wounded in the shooting on Chicago's South Side at Mercy Hospital, officials said.

Police cars and ambulances swarmed the hospital after the shooting.

ABC 7 Chicago and CBS Chicago, citing sources, reported that two people died in the shooting, including the gunman, and that two other people were wounded.

Police searched the hospital, said Anthony Guglielmi, a Chicago Police Department spokesman. The hospital said on Twitter the shooting was over and patients were safe.

Eyewitnesses told reporters the shooting began in the parking lot before moving into a clinic area inside the hospital.

Police have not commented on a possible motive for the shooting.

Chicago Mayor Rahm Emanuel and Police Superintendent Eddie Johnson were on their way to University of Chicago Hospital, where the wounded police officer was being treated, according to local media.

Sue Jimenez, the manager of Kozy's Cyclery bike shop near the hospital, said she heard multiple gunshots separated by pauses. At one point, she heard five shots in quick succession, she said, but the shooting stopped after police arrived. REUTERS

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Tekashi 6ix9ine to be arraigned in Manhattan federal court on multiple charges

GETTY IMAGES

Brooklyn-born rapper Tekashi 6ix9ine, a.k.a. Daniel Hernandez, 22, was scheduled to be arraigned in Manhattan federal court Monday after being arrested Sunday night in New York alongside three of his associates, Kifano "Shotti" Jordan, Faheem "Crippy" Walter and Jensel "Ish" Butler.

The four were taken into custody by the ATF, NYPD and Homeland Security with Hernandez arrested on racketeering and firearms charges. Details of the arrest are unclear and follow a plea deal given last week after Hernandez pleaded guilty to a lesser charge of disorderly conduct and was told to stay out of trouble for one year to avoid jail time.

Just last week, the 22-year-old fired his three associates, who were all part of his management team. 6ix9ine shared the news on Instagram, explaining that he wanted to distance himself from the men whom he has previously been arrested alongside, according to Rolling Stone. The rapper also canceled his U.S. tour while promoting his upcoming album on social media.

The young rapper is currently on four years' probation after pleading guilty back in 2015 to use of a child in a sexual performance. The rapper managed to stay out of legal trouble for two years following the case. SARAH LUOMA

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A Jewish man misidentified as a Nazi and Proud Boy is seen being attacked by protesters of the "We the People" rally on Nov. 17. GETTY IMAGES

Jewish bystander misidentified as Nazi, beaten at protest of 'We the People' rally

The Proud Boys were not at Saturday's rally, and one of the only persons beat up was a Jewish man.

SAM NEWHOUSE
sam.newhouse@metro.us

Philly protesters showed up in force on Saturday to oppose what was touted on social media as an alleged white-nationalist rally in Philadelphia purportedly organized by the Proud Boys. Now, some of them are fundraising to support a Jewish man who was misidentified as a Nazi and beaten up during the event, at which only two so-called Proud Boys were spotted.

The rally in Old City only had two dozen actual participants, but hundreds of protesters were also at Independence Mall — separated from the rally by Philly police and barriers — to denounce the ralliers.

The protesters included a cross-section of politically-involved Philadelphians ranging from Philly Socialists, Antifa, the IRA, and a socialist, Antifa-leaning group calling themselves the "Fellow Worker Gritty Coalition," in honor of viral Philadelphia Flyers mascot Gritty.

According to Philadelphia police, four of the protesters were detained during the rally and counter-protest, which netted national headlines. All four received "code violation notices" (CVNs), a.k.a. court summonses, and none were formally charged by local authorities.

One of the four, Brian Glantz, 23, was arrested for assault on a police captain and now faces federal charges.

The captain was transported to Hahnemann Hospital but did not require medical attention. Glantz, of Glenside, Pa., was detained by U.S. Park Rangers on Saturday, and on Monday, after a Magistrate Court hearing, was released on bond pending charges of assault and aggravated assault on an officer in the performance of duties.

"Assaulting a law enforcement agent — whether a federal, state, or local officer — is a crime that I take very seriously," U.S. Attorney William McSwain said in a statement. "There is no excuse for it. No matter who you are, if you assault an officer and there is federal jurisdiction, I will bring the full weight of my office down upon you."

According to a press release from McSwain's office, as the "We the People" group "waved flags and made speeches, approximately 500 protesters gathered, yelling obscenities at both the permitted group and at state, local, and federal law enforcement officers."

As officers kept the two groups separate, Glantz allegedly "pushed back at the officers and, while on Park property, punched a Philadelphia Police Department officer in the side of his face as he was in the performance of his duties; the defendant continued to resist the officers' efforts to arrest him, kicking his legs and wrestling with the officers and park rangers." Glantz or his attorneys could not immediately be reached for comment.

Additionally, a 31-year-old Asian female was detained for disorderly conduct by U.S. Park Rangers and a 35-year-old and 26-year-old white male were both detained for failure to disperse at 5th and Market streets. The 26-year-old got a second citation for marijuana found in his possession.

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Facebook 'at war' with bad press coverage, itself: Report

Mark Zuckerberg, chief executive officer and co-founder of Facebook Inc. GETTY IMAGES

Formerly soft-spoken Facebook CEO Mark Zuckerberg has gone aggro over the recent waves of bad PR for the social-networking company, a new report says, adopting an aggressive style that has driven out a dozen executives and caused COO Sheryl Sandberg to fear for her job.

As critics and lawmakers turned up the heat on Facebook this year over Russian election interference, fake news, hate speech and privacy violations on the platform, Zuckerberg fostered a public image that was more cuddly programming prodigy than hard-charging executive. But he now believes that Facebook must respond more assertively to the controversies swirling around it, The Wall Street Journal reported Monday. Last June, he gathered employees and said the company was "at war."

On Friday, a bombshell New York Times story alleged that Facebook executives hid the extent of Russian election interference on the platform, slow-walked security upgrades, deflected blame for the problem and hired a Republican-run PR firm to discredit Facebook's critics by linking them to Democratic mega-donor George Soros, a frequent subject of far-right conspiracy theories.

In a Friday afternoon Q&A session with Facebook staff, Zuckerberg called the Times article "bullshit," the Journal reported. It was a public sign of frustrations that had been building privately for months.

In June, Zuckerberg told Sandberg that he blamed her and her teams for the company's wan response to the Cambridge Analytica scandal. In March, investigative reporters revealed that the data firm, linked to Trump adviser Steve Bannon, had harvested the personal data of 87 million Facebook users without consent and used it for political purposes. Zuckerberg also told Sandberg she should have spent more resources on fixing problematic content on the site. His tone was so harsh that Sandberg was "rattled" and wondered if she would be fired, the Journal reported.

Zuckerberg also clashed with the founders of Instagram, who left the company in September after Zuckerberg said he wanted users' location data to be accessible for ad targeting. (That is currently being tested.) The co-founders of WhatsApp also departed amid disagreements about how to generate more revenue on the platform. And Zuckerberg forced out the founder of Oculus VR over disagreements about the future of the virtual-reality headset, the Journal reported. Overall, a dozen top executives have left.

As Facebook's once-meteoric user growth has slowed and security costs risen, Zuckerberg has found himself under pressure. The Cambridge Analytica revelations knocked $100 billion off the company's value within days. Overall, Facebook stock is down 20 percent since August. Some institutional investors have called on Zuckerberg to step down.

In a statement, a Facebook rep said: "We were absolutely too slow to identify a range of issues over the past two years, but once we did we took strong action to address them and prevent future abuse. We've made massive investments in safety and security. While we know we have more work to do, we believe we've made progress."

MICHAEL MARTIN

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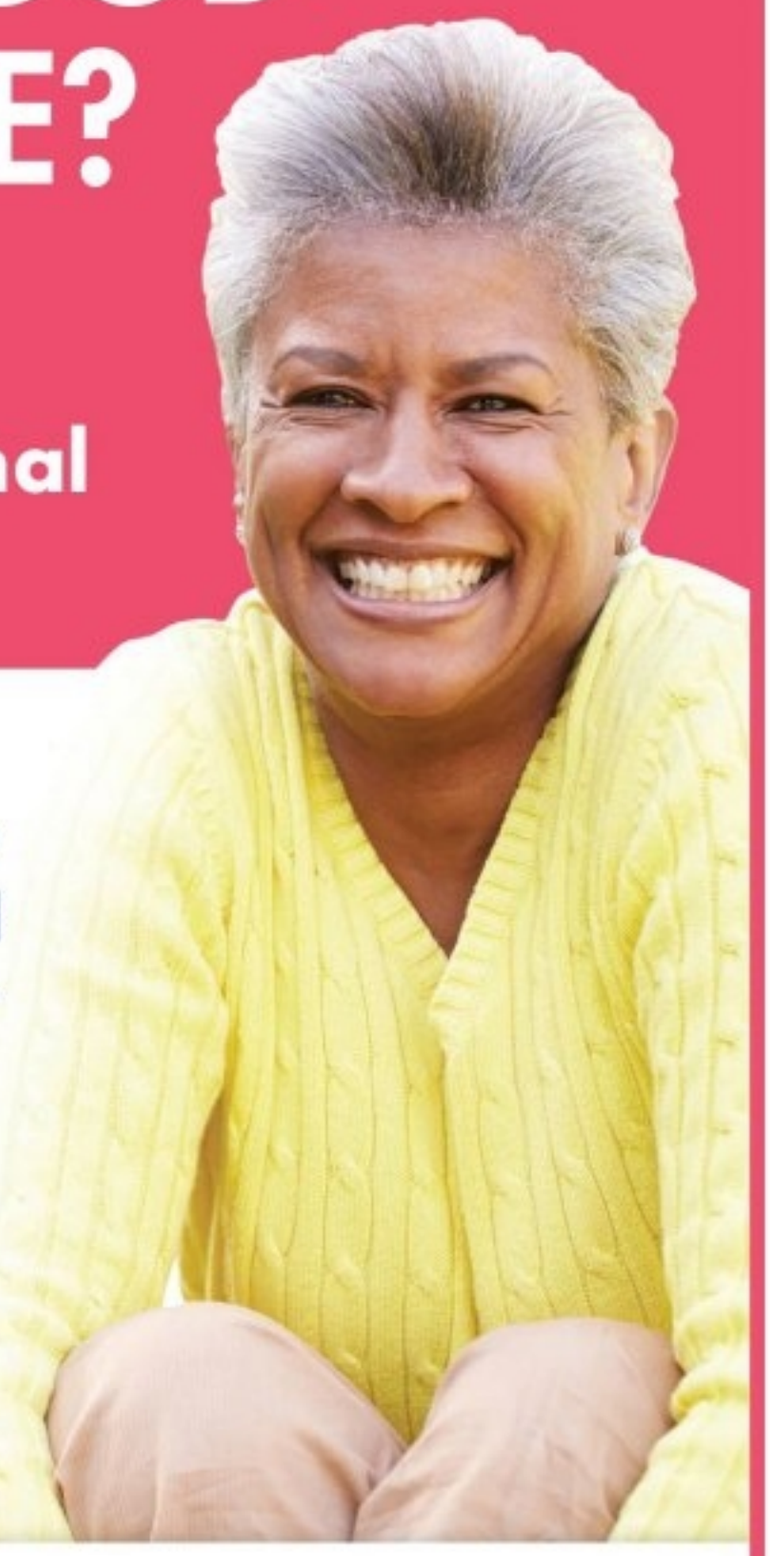

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READER WRITE-INS:

CLEAN YOUR COATS!

I will never understand how people can stow away their coats at the end of spring without cleaning them, then pull out the same coats at the beginning of winter. Do these people have olfactory nerve damage? If you can drop $20 bucks or more a week in Starbucks for coffee-flavored coffee, you can afford to dry-clean your musty, funky, stank coats! Skip a few cups of expensive java and wash/dry-clean your coat/jacket. And while you are at it, how about you buy a lint brush and drag that sucka across your coat — heck, heavy-duty packing tape would accomplish the same thing. Just please stop walking around with your cat hair, dog hair or damnable pig bristle on your coats. It is GROSS. It is bad enough that we are packed like sardines in these subway cars. Please be considerate with not just your coat but your general hygiene. The latter deserves its own vent post!

— **Ebbe,** *Metro US reader*

WHAT HAPPENED TO LADIES FIRST?

You know what grinds my gears the most? When a man and a woman both are walking toward a door or elevator and the man decides to go first. My thing is, really? Who raised you? Then, after the lady has opened the door, the guy doesn't even say "thank you." I think I literally cussed three guys out this week for this! Man up.

— **Anonymous,** *Metro US reader*

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#metrophilly *caption this photo*

The winning caption from Kastle Combs, *Metro US reader*

TOMORROW'S PHOTO:

metro.us/horoscopes

Aries Don't let what happens around you cause you to act irrationally. Your reputation will depend on how well you respond under stress and the methods you use to get things done.

Taurus Know what you want before you set up a meeting. Having a carefully made plan in place will impress someone in a position of authority.

Gemini Look at your options and consider your next move. You are best off acting in secret until you are sure you can trust others not to interfere. Romance is on the rise.

Cancer Put more energy behind your plans. If you want something done, be prepared to do the work yourself. Relying on someone else will lead to disappointment.

Leo Attend networking events and socialize with people who inspire you. Befriend people who can help you advance. Your positive attitude and energetic persona will result in a leadership.

Virgo Get out and mingle with people who can offer you pertinent information regarding something you want to pursue. A partnership will face trust issues. Exaggeration and evasion will confuse you.

Libra Do your own thing and make personal and physical changes that will boost your happiness and confidence. Don't let anyone pressure you into doing or accepting something you don't want.

Scorpio Bailing someone out of a tight spot should be handled with care. Don't let anyone take advantage of your loyalty using manipulative tactics. It's OK to say no.

Sagittarius It's up to you to bring about change. Make plans with people who are as enthusiastic as you are to overrule anyone who isn't on the same page.

Capricorn Ease into whatever you decide to do. Expect disruptions and last-minute changes that will leave you at odds regarding what to do next. Choose your allies carefully.

Aquarius Put extra effort into your work. What you accomplish will affect your earning potential. An unexpected gift or offer will encourage you to make a positive personal change.

Pisces Don't lose sight of what's important. Take note of what others say, but don't make decisions based on what you hear. Use trusted sources to obtain accurate facts.

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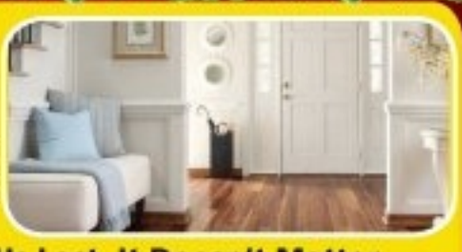

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LIFESTYLE

This is the 25th anniversary of Winterfest. DELAWARE RIVER WATERFRONT

Winter is coming

The Blue Cross RiverRink Winterfest opens this week.

MOLLY GIVEN
Molly.Given@metro.us

Every year for the past 25 years, the Blue Cross RiverRink Winterfest opens just in time for the holidays. Philadelphians get to experience a winter wonderland right in their backyard, and this year, the RiverRink is going to be better than ever.

On opening day, the Blue Cross RiverRink is offering free skating tickets to the public in honor of their 25th anniversary. Free admission includes free skating on the ice rink and free skate rentals as well. Tickets are available online on the official site and in person at the rink.

Ice-skating isn't the only activity at Winterfest. The seasonal winter park transports guests to a fairy-tale snowy landscape with beautiful lighting and outdoor seating areas with firepits. While sitting by the warm fires, guests can enjoy tasty treats from the Franklin Fountain Confectionery Cabin including hot fudge sundaes, ice cream waffle sandwiches and s'more kits for grilling.

Chickie's and Pete's, Garces, and Skelly's Amusements are serving up delicious food and beverages as well. Guests can enjoy Chickie's and Pete's world-famous Crabfries and clam chowder, the Impossible burger from Garces, a slice or whole pie from Portside Pizza and much more.

While at Winterfest, guests can indulge in a visit to the Lodge, a cozy, ski-chalet-inspired haven that has a clear view of the ice rink, a heated wraparound porch, comfortable couches, fireplaces and plenty of gathering tables. On select nights the Lodge transforms into a dance floor for Latin Night, Dance Hall and throwback DJs. Plus, the lodge can be reserved for holiday parties and other winter events as well.

The Lodge Bar highlights craft beers with local and regional brews and also features seasonal cocktails such as spiked hot chocolate and non-alcoholic beverages like apple cider from Linvilla Orchards, hot tea and coffee.

The Kids Lodge is perfect for families and features tons of fun activities including interactive arcade games like pinball and air hockey, small rides and more. The Kids Lodge is also available to book for birthday parties.

To make the experience extra-special, Winterfest features warming cabins that create a private and intimate gathering space filled with warm blankets, soft pillows, holiday greens, heaters, fireplaces and games. The warming cabins are available to rent online with bar and catering options.

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Netflix hopes to conquer all things food with 'The Final Table'

The streaming service has been chipping away at Food Network's dominance for years.

ANDREW HUSBAND
letters@metro.us

When it comes to reality competition shows having something to do with food, the Food Network still reigns supreme with "Chopped," "Iron Chef America" and other similar programs. Yet Netflix has been steadily making claims with documentary series like "Chef's Table" and "Ugly Delicious," and, more recently, competition shows like "Nailed It." On Tuesday, the streaming giant will plant an even bigger flag with "The Final Table."

Hosted by former Bon Appetit restaurant editor Andrew Knowlton and produced by "MasterChef" alums Robin Ashbrook and Yasmin Shackleton, "The Final Table" is a global culinary competition that features many of the world's top chefs. Twelve teams of two will square off with one another by cooking a variety of dishes from Mexico, Spain, England, Brazil, France, Japan and the United States.

As for the contest's titular goal, the last chef standing will earn the 10th spot at "The Final Table," alongside world-famous chefs Enrique Olvera of Mexico, Andoni Aduriz of Spain, Clare Smyth of the United Kingdom, Helena Rizzo of Brazil, Vineet Bhatia of India, Grant Achatz of the United States, Carlo Cracco of Italy, Yoshihiro Narisawa of Japan and Anne-Sophie Pic of France. Presumably, should "The Final Table" return with more episodes, future prizes will include expansion of said table's size.

If the overdramatic title weren't enough, simply watching the trailer Netflix released last month should convince you just how over-the-top this series is. Dramatic music, quick cuts between chefs cooking and judges eating, celebrity cameos by the likes of Hasan Minhaj and Dax Shepard — it's

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Get ready to feel the heat in "The Final Table" kitchen. ADAM ROSE/NETFLIX

all there. Everything fans of reality cooking competitions have come to expect from shows like "Iron Chef" and "Guy's Grocery Games" will recognize it here and, as a result, want to eat it all up.

Because the thing is, as predictable as these programs are, we love them. Even though they have become as formulaic as the police procedural championed by the "Law & Order" and "CSI" franchises, the target audience already knows what to expect. And even though they already know what's coming, they will watch everything new that comes their way.

Food Network knows this. That's why they've been putting out show after show for the past few decades, and why so many of them have stuck around long enough to foster growing foodie fandoms and spin-offs into other series. Netflix is only beginning to achieve similar success with its food-centric documentary and cooking competition programs, but with "The Final Table," it looks like the streamer may finally be giving its cable-based rival a run for its tummy.

"The Final Table" is now on Netflix.

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A peek inside your local medical marijuana dispensary

We spoke with the COO of Philly's new CURE dispensary to break the stigmas behind medical marijuana.

PAT KING
patrick.king@metro.us

Over the past few years, the legalization of medical marijuana has become a huge voting issue in many states. Its popularity amongst patients who prefer a more holistic and non-habit-forming approach to pain relief has increased with every passing year: Medical marijuana is now legal in 32 states across the country, including the state of Pennsylvania.

More than 80,000 patients have registered to participate in the medical marijuana program in the state of Pennsylvania since its legalization went into effect in 2017, with more than 50,000 of those patients receiving their medical marijuana ID cards as a result. In turn, more than 700 physicians have recognized this new shift and completed the training to become certified practitioners.

We caught up with Ryan H. Smith, COO of Colorado-based medical marijuana dispensary CURE, which recently opened its first dispensary in Philadelphia, to find out everything we need to know about the medical marijuana industry.

What are some misconceptions that people have about medical marijuana dispensaries?
The feeling inside the store is much more the feeling of an Apple store than it is a feeling of what somebody might think of a dispensary. We had a question early on, "are people going to be in tie-dye shirts, and is there going to be smoke coming out of the door?" The funny thing is, it couldn't be further from the truth.

Our facilities are highly regulated by the Department of Health in Pennsylvania. We do not allow consumption on-site. Every person who shops there has to go through and visit a doctor to receive a medical marijuana card from the Department of Health. We check ID. There's a tremendous amount of security involved for our patients and for our employees. The irony is that we've had an incredibly positive response in all of the communities that we've opened in, from local community leaders and police, because of the level of compliance that we lead with.

What kind of training do you expect your employees to have before they can work the counter?
Out of all of our employees, while some have previous experience, a number have come without. What we do is put our employees through a full training program to understand how we operate, how we follow the regulations, best ways to serve patients, and the best forms of medication. Almost all of them have visited grow processors in Pennsylvania to actually see the product grown and processed and turned into the forms that can be sold.

Has the gravitation toward vaping and edibles helped to change the way people view using marijuana?
That's an interesting question, because there's so much change happening right now in the industry, and it's happening at warp speed. What you're seeing is a lot of companies will get bigger and go public and buy out different operations in different states. In Pennsylvania, in particular, there was an article just released that there are more than 80,000 people who [have] registered for the medical marijuana card, and more than 50,000 cardholder patients in Pennsylvania. That's essentially in a year. The first patients registered a year ago. It's incredible growth in Pennsylvania.

What's kind of interesting in Pennsylvania is that originally, only processed forms of marijuana were available. So flower or the dry leaf form of medical marijuana was not permissible in Pennsylvania until August of this year. Edibles are still not allowed. We do sell pills and tinctures. But when you think of other states that might have a candy bar, a drink or a form like oftentimes people see them in chocolate bars or gummies, those kinds of things are not permissible in Pennsylvania at this time.

The idea is that there are different forms for different people. The different forms have different effects and different amounts of time that the effect will last. So for example, vaporizing or smoking it has an incredibly fast onset time — 10 seconds, maybe, and it will last 60 to 90 minutes. Whereas if you took a tincture or pill form, the onset time might not be for 60 to 90 minutes, but it could last 7 to 8 hours. So really depending on the patient's condition, we work with them to understand what that right amount is.

As the legalization of medical marijuana starts to become more of a voting issue, what would be your selling point in favor of it, for people who may be skeptical to support it?
I would say there are a couple of points. The first one is, in particular in Pennsylvania, all of the dispensaries and grow processors in the entire state are highly regulated by the Department of Health. We work very closely with them to make sure this is a tightly regulated program. Think of it much more as a pharmacy than as a shop. How many people have issues with their pharmacy? I think very few.

[Marijuana] has been in our communities for thousands of years. What we're doing is taking it out of the black market and trying to make it into a tested and tightly regulated program where patients can receive their medicine. Wouldn't we all want a program that looks like that versus somebody buying it illegally and the money going to illicit sources or gangs? Wouldn't we much rather have people pay taxes on it and be able to receive their medicine in a way that's clean and tested in a safe environment?

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BLACK FRIDAY

Make sure you have a plan before hitting the stores on Black Friday. ALL PHOTOS GETTY IMAGES

Your ultimate guide to the best Black Friday deals.

LINDA LABAN
letters@metro.us

Don't go into holiday shopping blind. Here's the lowdown on some great deals offered by some major chains for Black Friday, both in-store and online. Individual store hours may vary, so remember to check ahead.

Best Buy

The electronics retailer is offering gamers $30 off many brands. Own "Coco," "Deadpool 2" and "Black Panther" Blu-rays and DVDs for just $6.99 each. Prices on certain Samsung Galaxy phones will be reduced by $300. Laptops will be discounted by $130-$200. The iPad mini will be reduced by $150 and TVs large and small have $200-$300 off. Some store's Black Friday sales start from 5 p.m. on Thanksgiving night.

H&M

The Swedish high street fashion retailer will offer 30 percent off items throughout its men's, women's and children's clothing departments, both in-store and online — the latter starting at midnight on Thanksgiving. The Black Friday sale extends through Sunday, with extra markdowns on certain merchandise of up to 70 percent off the ticket price.

Old Navy

Find discounts of 40 percent or more off everything, even already-discounted items, both online and in-store. Alongside the sizable discounts at checkout, there are such irresistible stocking stuffers as silly seasonal socks for a buck a pair. Old Navy begins its Black Friday shopping extravaganza at 3 p.m. on Thanksgiving.

Target

Get ready for low prices, including TVs under $300 and half-price "Madden 19," "Density 2" and other video games. T-shirts start at $3, sleepwear at $5 and sweaters at $10. Skip the pay line and pay via Target team members dotted about the store with mobile checkout devices. Also, spend $50 in-store or online or scan the wallet feature in the Target app in stores on Black Friday to receive a 20 percent off coupon, redeemable from Nov. 27 through Dec. 8. Stores are open 5 p.m. Thanksgiving night through 1 a.m. on Black Friday morning.

Walmart

Black Friday shopping begins in stores at 4 p.m. on Thanksgiving with Walmart's first-ever Light Up Black Friday free-coffee-and-cookies party for customers. Thus fueled-up, the bargain shopping ensues in earnest. Among the many discounted items are the Apple iPad 6th Generation ($80 off), Pac-Man and Galaga retro arcade machines ($50 off) and Bose SoundSport Wireless Headphones ($50 off). There's much more on offer and the "Check Out with Me" service allows payment via available associates in each department.

It's time to start making your holiday wish list.

5 Black Friday credit card strategies to add to your list

Now that you can almost smell the turkey roasting in the oven, you might be in the mood to shop: NerdWallet's 2018 Holiday Shopping Report found that the nation's consumers plan to spend an average of $776 on gifts this year, which is $116 more than they said they planned to spend last year.

They'll also be buying more of those gifts with credit cards — almost three-quarters of shoppers surveyed said they plan to buy presents with a credit card, while just 58% of shoppers said that last year. They estimate it will take them just over three months to pay off those purchases. Meanwhile, more than 1 in 4 people who purchased gifts with credit cards last year are still paying off those balances today.

That means they're likely paying much more for those gifts than they actually cost, given the relatively high interest rates on most credit cards. In fact, if you charge the average planned spending of $776 to a card, then make only the minimum payments, it will take 4.4 years and cost $295 in interest to pay off that debt, according to NerdWallet's calculations. That means you would pay 38% more for your gifts.

But for shoppers who pay off their balances each month, using credit cards can really — well, pay off.

"I love travel rewards, so I'll be using my Chase Freedom Unlimited® [to buy gifts]," says Jason Steele, a travel and credit card expert in Denver.

In addition to earning cash back and rewards, shoppers can also give their budgets a boost with some lesser-known strategies. Here are five under-the-radar ways to use credit cards smartly this holiday season:

NerdWallet is a personal finance website.

1 Sign up for automatic refunds

Some credit card issuers have phased out "price protection" as a side perk, but that doesn't mean you can't still get a refund if the price of an item drops after you buy it.

When you sign up for an email tool like Paribus, it automatically scans your email to review your online purchases from participating retailers, then monitors the prices of those items.

2 Use a card with extended warranty protection for big purchases

If you're making a big purchase such as an appliance or video game console this holiday season, check to see whether any of the credit cards in your wallet offer extended warranty policies.

3 Choose a store card if you'll be shopping at one merchant

"Store cards, like the Target and Kohl's cards, often offer extra perks, but watch out for steep APRs," says Trae Bodge, a shopping expert and founder of the website truetrae.com. "Shoppers can really benefit from using these cards, but only if they pay them off in full every month."

She says that she shops a lot at Amazon, so she uses the Amazon Prime Rewards Visa Signature card for 5% back on her Amazon and Whole Foods purchases.

4 Visit your card's bonus mall

While some card issuers have been sunsetting their bonus malls — online portals where you can shop and earn extra points or cash back — a handful still remain.

5 Act now for a sign-up bonus

If you're thinking of applying for a new credit card soon, consider getting it before Black Friday so you can earn any available sign-up bonuses, Bodge says. You typically have to spend a certain amount on the card within a few months of opening it, so getting the card now can help ensure you hit the required spending amount with your holiday shopping.

But as with other kinds of credit card spending, you want to make sure the lure of rewards and sign-up bonuses doesn't lead you to overspend or make you unable to pay off the balance each month.

This article was written by NerdWallet and was originally published by Forbes.

KIMBERLY PALMER

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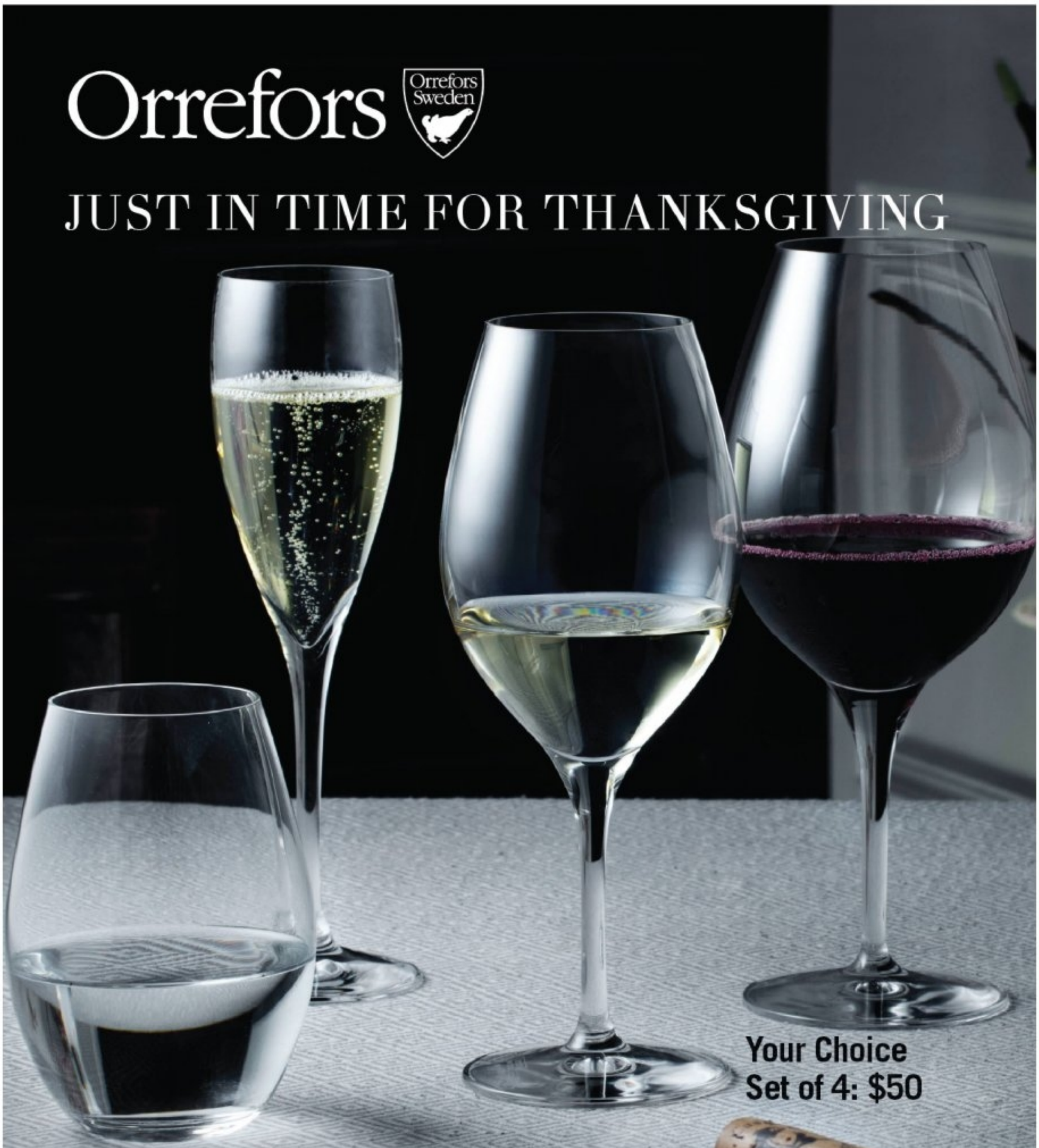

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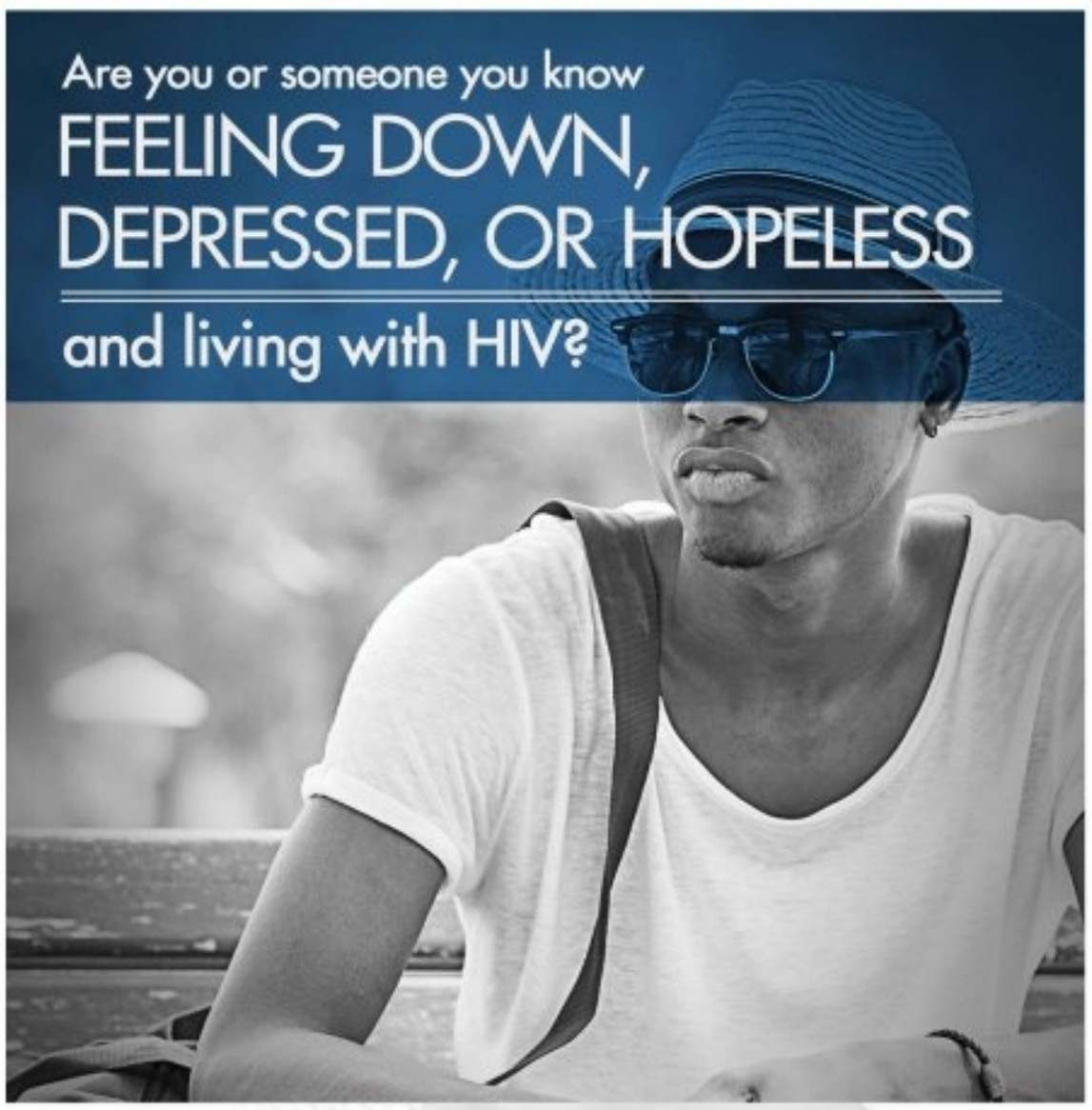

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ISTOCK

Outsmart fellow holiday shoppers with these 3 money-saving strategies

Before you shop this holiday season, check your phone and your closet.

PAT KING
patrick.king@metro.us

Holiday shoppers plan to spend $776 on gifts this holiday season, on average, according to a recent NerdWallet survey conducted by The Harris Poll.

But contrary to what you might think, a season full of spending can also be an opportunity for saving.

Here are three underutilized and overlooked strategies that can help you get more mileage out of that $776 — or spend less than you originally planned.

1. Lean on money-saving apps

When asked which methods they plan to use to save money when shopping this holiday season, 36 percent of Americans said they'll use money-saving apps, according to the NerdWallet survey. These include coupon apps, price-comparison apps and cash-back apps.

Coupon apps such as ShopSavvy, Flipp and The Coupons App can help shoppers compare prices, clip coupons and even browse nearby deals based on their location. And cash-back apps can earn shoppers money back on qualifying purchases.

"Cash-back apps can help shoppers offset the cost of their holiday spending by putting a percentage of each purchase back into their accounts," says NerdWallet personal finance expert Kimberly Palmer. "Saving even small amounts can add up to less stress when it's time to pay your credit card bill."

To free up some extra room in your budget, load up your phone with apps before you start checking gifts off your list.

2. Shop doorbuster deals

Even fewer Americans plan to take advantage of doorbusters, according to the NerdWallet survey. Just 33 percent say they plan to attend doorbuster sales — those that are available only at a particular time of a specific day, usually for a specific item or type of item.

But for big-ticket purchases such as TVs or gaming consoles, taking advantage of the limited-time, limited-quantity doorbusters offered by retailers on Thanksgiving Day and Black Friday can be beneficial.

"If there's an item you have your eye on, and you expect it to be marked down significantly on Black Friday, that can be a great opportunity to score a deal," Palmer says. "Just make sure you research the item ahead of time so you know exactly what you want, because supplies can run out quickly, and you have to act fast."

Many doorbuster deals are available both in-store and online, so the cold and the crowds don't have to deter your deal-searching.

3. Regift, within reason

Although an overwhelming 70 percent of Americans admit to having regifted a holiday present at some point, most don't do so for budget reasons: Only 31 percent of those who've regifted say they've done so to save money, according to the NerdWallet survey.

But regifting holiday gifts is perfectly fine, according to lifestyle and etiquette expert Elaine Swann. It can be frugal and thoughtful.

If you're going to regift, ensure the item is in mint condition. Remove any trace of the original wrapping and put it in a new gift bag, Swann says. And make sure the person you're giving the gift to doesn't know the person you received the gift from.

One more tip for future regifting: For any presents you receive that miss the mark, Swann says to hide them away with a note to help you remember who gave you the gift in the first place.

SPORTS

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LATEST ODDS [NFL WEEK 12]

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WASHINGTON AT DALLAS (-7.5)

ATLANTA AT NEW ORLEANS (-13)

CLEVELAND AT CINCINNATI (-3)

SEATTLE AT CAROLINA (-3.5)

JACKSONVILLE (-3.5) AT BUFFALO

OAKLAND AT BALTIMORE (-11)

SAN FRANCISCO AT TAMPA BAY (-3.5)

NY GIANTS AT PHILADELPHIA (-6)

NEW ENGLAND (-9.5) AT NY JETS

ARIZONA AT LA CHARGERS (-11.5)

MIAMI AT INDIANAPOLIS (-10)

PITTSBURGH (-3) AT DENVER

GREEN BAY AT MINNESOTA (-3.5)

TENNESSEE AT HOUSTON (-6)

LATEST ODDS [NBA: 11/20]

PORTLAND (-7) AT NEW YORK

LATEST ODDS [NHL: 11/20]

EDMONTON (+173) AT SAN JOSE (-193)

MORE ODDS AT METROBET.US

AS EAGLES TUMBLE, SO DO THEIR LEADERS' REPUTATIONS

Carson Wentz and the Eagles are in some serious trouble after getting beaten down by the New Orleans Saints on Sunday evening. GETTY IMAGES

THE SPORTS PROFESSOR

GLEN MACNOW

@RealGlenMacnow

Jordan Hicks spoke last week about the Eagles facing "a gut check." Jason Kelce said his team needed to "look in the mirror."

But in New Orleans on Sunday, the Philadelphia Eagles showed no guts at all. And what reflected back from the mirror was the carcass of a once-great Super Bowl winner.

The Eagles' 48-7 slaughter by the Saints marked the most lopsided loss ever by a defending NFL champion in the modern-day era. It was a bigger embarrassment than any game played under Chip Kelly — no easy feat. Saints coach Sean Payton seemed intent on rubbing it in as the game progressed, and the Eagles mustered nothing to stop the humiliation.

The catastrophe raises dozens of questions, none of which should include wondering if this sorry squad can rally back and take the division. Spoiler: They cannot.

As safety Malcolm Jenkins said afterwards, "Winning a Super Bowl last year doesn't win you a goddamn game this year." Personally, I wouldn't argue with the notion that they may never win another game this year, injured and dispirited as they are.

The larger question is one of direction. Doug Pederson became a folk hero for breaking this city's 58-year NFL title dry spell last February. There's literally a statue of him and Nick Foles now standing outside Lincoln Financial Field, tacky as it is, sponsored by a beer company.

What Pederson accomplished in 2017 was not a fluke. Not a sham. Not lucky. He coached and led brilliantly. But, as Jenkins noted, it doesn't mean a thing this year, and last year's head coach — creative Doug, "Big Balls" Doug, leader of men Doug — well, he doesn't seem to live around here anymore.

Also gone, not coincidentally, are Frank Reich and John DeFilippo, the assistant coaches who helped Pederson scheme last year's offense. Reich is now the head coach in Indianapolis, where the Colts have won four in a row and quarterback Andrew Luck has thrown at least three touchdown passes in seven straight games.

Pederson was flummoxed for words in Sunday's post-game news conference. He threw out clichés about players "not hanging their heads," insisted his team was "still battling in there," and talked about "having some great football ahead of us."

I don't want to call Pederson a liar, so I'll just say he was reading from the script of a losing football coach who is without real answers. He was similarly stumped a few weeks back when he declared that "the pressure's off" after blowing a 17-0 lead to Carolina.

Meanwhile, Pederson's quarterback, Carson Wentz, chalked up a 31.9 QB rating on Sunday against one of the NFL's worst pass defenses. Wentz tossed three interceptions and largely ignored his best weapons, Zach Ertz and Alshon Jeffery.

Furthermore, critics are starting to bark that Wentz is a hollow compiler of stats, a quarterback worthy of the nickname, "The Big Empty." A caller to my WIP show the other day compared him to former Flyer Eric Lindros — a guy who, for all his talent, could not produce when it counted.

I'll disagree, for now. Wentz seems engulfed in the storm swirling around him. He's the poor sap trying to turn the Titanic around on his own, and he keeps careening into more icebergs.

Wentz and Pederson, along with GM Howie Roseman and defensive coordinator Jim Schwartz, have all taken precipitous tumbles off their 2017 pedestals. That Super Bowl parade continues moving further back in the rearview mirror.

Perceptions, of course, are always based on what's happening now.

Phillies among many teams interested in Nathan Eovaldi

GETTY IMAGES

After putting together a terrific postseason performance for the World Series champion Boston Red Sox, free agent starting pitcher Nathan Eovaldi is drawing a ton of interest on the open market. According to Nick Carfado of The Boston Globe, the Phillies are among eight early suitors who are interested in the 28-year-old starter.

However, the MLB scribe penned in his weekly column that Eovaldi would love to stay with Boston. The Red Sox acquired the veteran pitcher from the Tampa Bay Rays back in July. It was a great trade for eventual champs as it gave them a legit weapon to shore up their starting rotation.

In 11 regular-season starts with the Red Sox, Eovaldi posted a record of 3-3 with an ERA of 3.33 to go along with 48 strikeouts over 54 innings pitched. While the numbers were not supremely impressive on paper, they were good for a pitcher who came back from Tommy John surgery twice.

Nevertheless, when the games counted the most in October, Eovaldi stepped up big time not only as a starter but also coming out of the bullpen.

In 22.1 innings pitched, the veteran pitcher only allowed four earned runs, while striking out a ridiculous 16 hitters. He also had an ERA of 1.61 in the postseason, which was the best among Red Sox starting pitchers.

In fact, the 28-year-old pitcher had one of the most memorable World Series pitching performances, coming in the 12th inning of Game 3 as a reliever and throwing six innings, after pitching two days prior out of the bullpen.

During that outing, Eovaldi obviously gave up the winning runs but did land five strikeouts in the process. With all that being said, it does not come as a surprise to see the Phillies putting their bid in for the versatile pitcher.

It is clear this offseason that Philly will be addressing their starting rotation as they need another arm to go with Aaron Nola and Jake Arrieta. Earlier this month at the GM winter meetings, we heard that the Phillies were interested in both free agent Patrick Corbin and Japanese standout Yusei Kikuchi.

While Corbin, just like Eovaldi, is drawing a ton of interest on the free agent market, the former Red Sox pitcher might come at a cheaper price. MLBTradeRumors.com predicted that Eovaldi could receive a four-year, $60 million deal and stay with the Red Sox.

If that is the possible going rate for Eovaldi, then the BoSox will definitely be able to afford him. Therefore, the Phillies might have to overpay just a bit for the 28-year-old, if they believe he is their guy and cannot sign Corbin.

It should be interesting to see how the free agent starting pitcher market shapes up over the next coming weeks. With guys like Corbin and Dallas Keuchel leading things, it should set up a gauge on how much Evoladi might warrant in his next contract. JOVAN ALFORD

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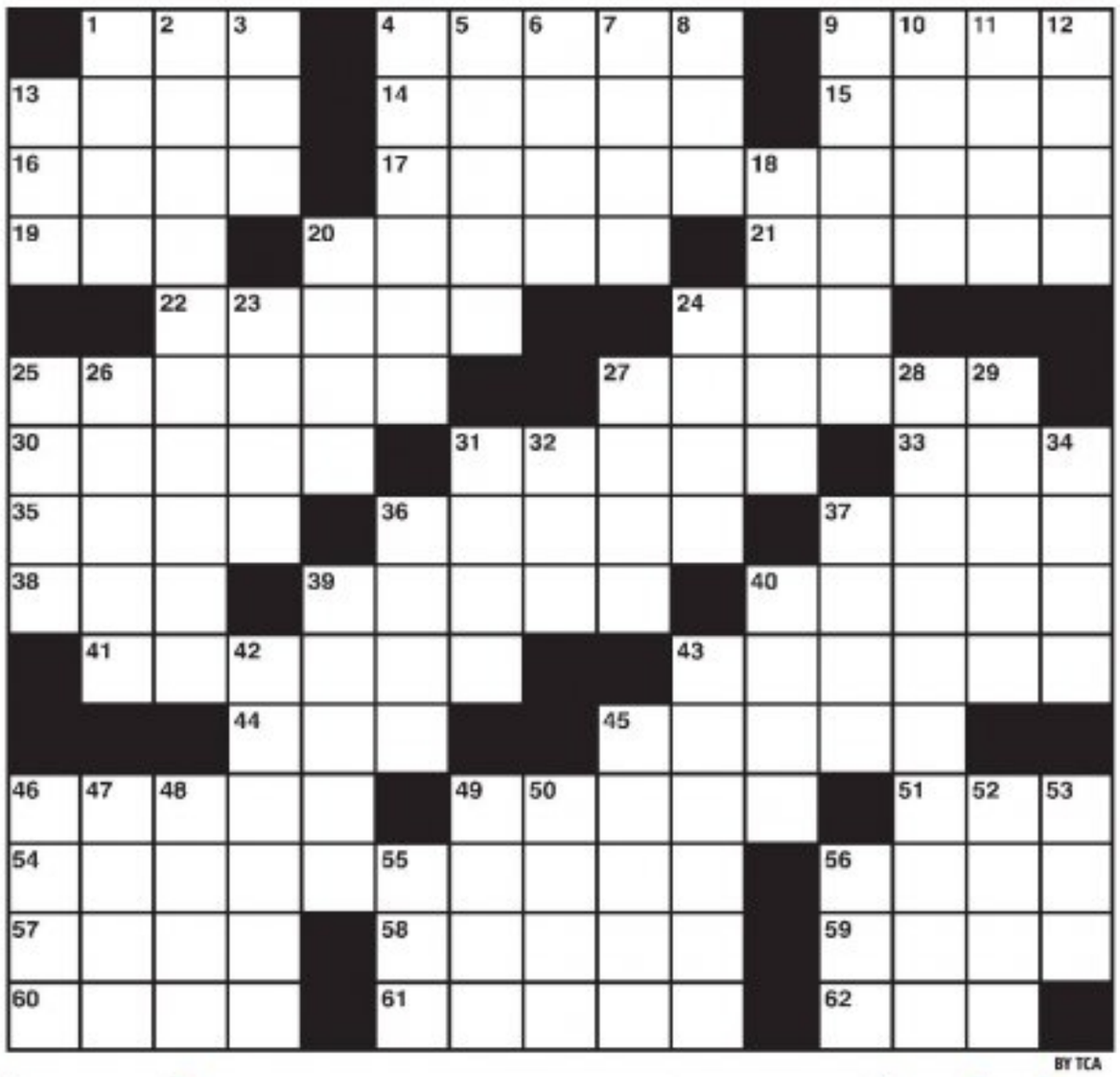

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13 To boot
14 Partially melted snow
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16 Place; location
17 Repay
19 30-day month: abbr.
20 Energetic
21 Rowed
22 Make amends
24 Convent dweller
25 Holy
27 Solitaries
30 Hatred
31 Ignores coldly
33 Weather forecast
35 Nod off
36 Military attack
37 Not yours, not his & not hers
38 "__ You Lonesome Tonight?"
39 Handbag
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41 Murphy and Van Halen
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54 Concealing nothing
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61 Frock
62 19th letter

DOWN

1 Cut coupons
2 Excluded from the group
3 Where gout causes pain
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5 Hillside
6 Camel's feature
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8 That girl
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10 Lion's cry
11 Gosselin or Winslet
12 Get rid of
13 Cool __ cucumber
18 Parts of speech
20 "Trees" or "The Raven"
23 Word of agreement
24 Zero
25 Fizzy drink
26 Worship
27 Sled race
28 Huge horned mammal
29 Tunes
31 Gentlemen
32 "For __ a jolly good fellow..."
34 SAT, for one
36 Took to court
37 Rogers or Kennedy
39 1 of 1,000 (perhaps) in a jigsaw puzzle
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